

the perfect element, part II - "he"



the perfect element, part II - "he"



painofsalvation / scarsick

side a / scarsick / splitfall / cribcaged / america / disco queen
 side b / kingdom of loss / mrs modern mother mary / idocracy / flame to the moth / enter rain



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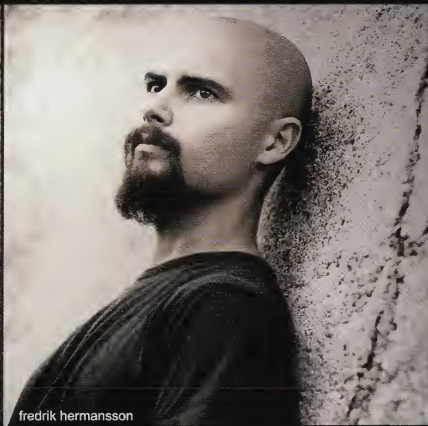
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INSIDE out



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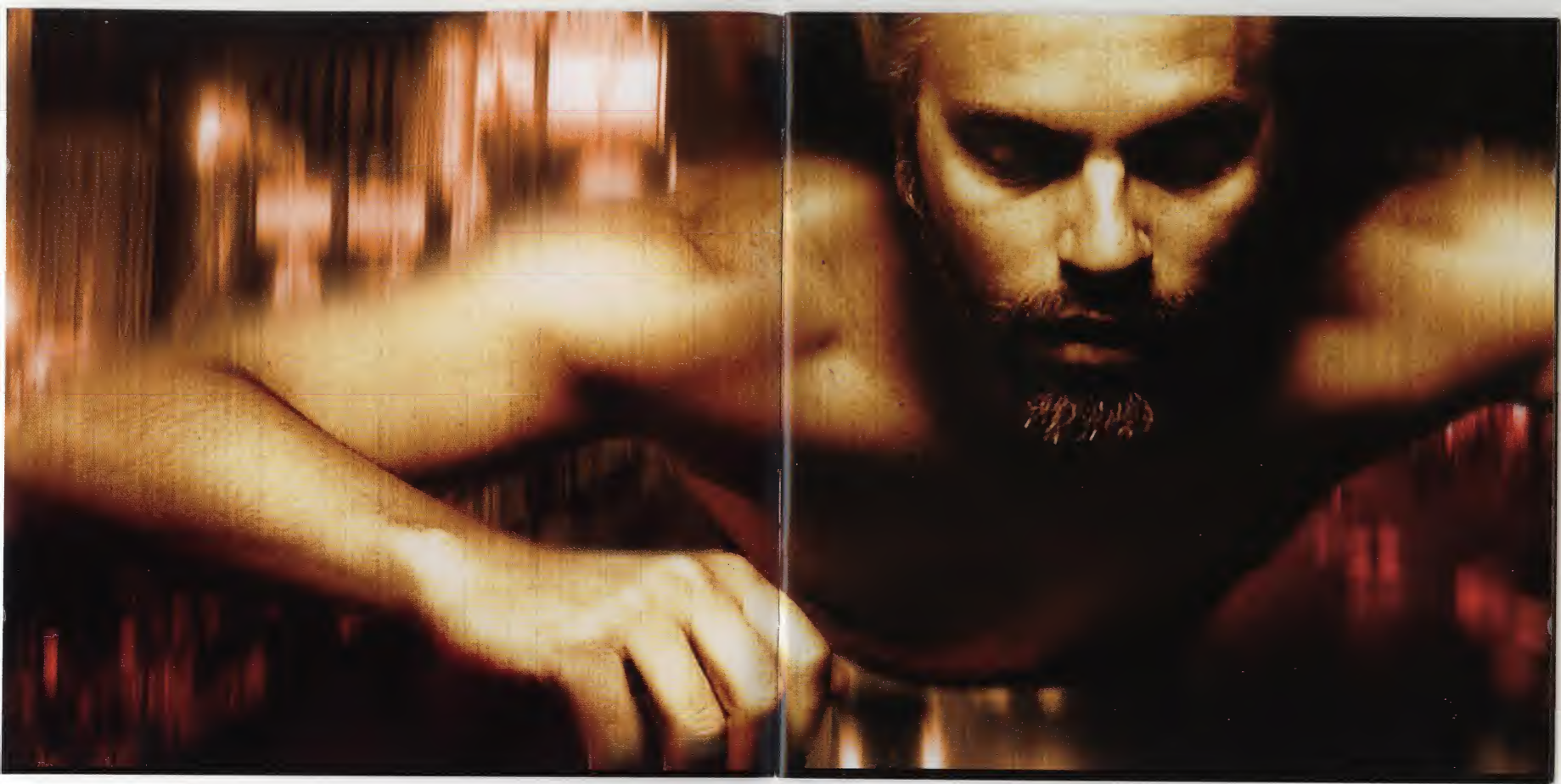


johan hallgren



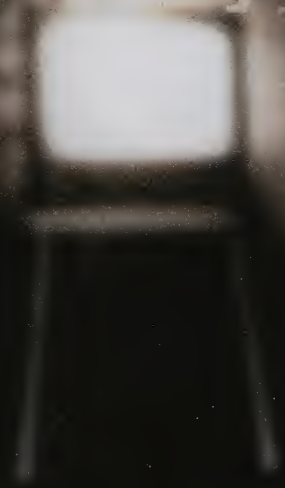
johan jangell





part II

HIS SKIN AGAINST THIS
PARTY FLOOR



01) scarsick



// SICK / it's all SICK / I feel sick / I'll be sick / then it's fine / I'm conform / to your norm / with a bucket full of me / I'll be free / finally / I will see / what these cars / all these codes / and these bars / all these sickening scars / I'll believe in the way / of the stripes and the superstars / I will fall in line / and truths / will follow naturally / happily I will settle for / your conformative apathy / if I could just get rid of this / unsettling / uncomfortable / unbendable / / 'cause it's ME / it's ME / step into the dark age of treason / today the only voice of reason / would have to be the sound / of the soup of the season / sanity / you're not alone / and every time that you hurt / every cut / every scar and / every time you just hate / everything that you are / it is simply the you gnaw at your paw / to get out of the trap / of the cage / of our time / all that rage / is your struggle to survive / they think you wanna die / when in growing louder and loader / the whole world around you / a pounding and grinding / that tells you that / you're not alone / it's the sound of / thousands of reason / would have to be the sound / of the soup of the season / hitting ground... / SICK... / of these bars and these cars / I feel sick / you are making of the season / hitting ground //

you mean with your freedom / this world you call home / not alone / happy drone / won't be sick of obey / 'cause the price is so small / almost nothing at all / if I'm just losing ME / then the ideals and bucket of insight and honesty / this SICK SICK SICK bucket of reality / but you see: this sick will stick hitting ground / hitting ground... / SICK / feeling sickened by this fucking travesty / is just a sign of instinct to flee / to escape from this mess / this continuous rape / of what's true / and what's real / so truth you just strive / biting every hand / just to stay alive / but can you hear that sound / in you ear / and thousands / of vixen teeth / hitting BONE / step into the dark age of treason / today the only voice me sick / so sick / you are making me sick / it's all sick / we're all sick / you are making me sick / soup

// 1: INTRODUCING STAR // we saw you every day / with your hands on your crotch and so much to say / you went from bouncing toy cars with golden sticker promoters / now when you're a star / when you've reached this far / and the world really knows who you are / (really?) / you show off your six black colder like your hits on the chart / but then the talk shows can still get you hard / doin' rhymes on your prime time fistfights and spittin' grime in the limelight broken home / there's nothing like a tale from your hood / there's nothing like a record of restriction orders / outspoken borderline disorders / a violent long way to the top / the longer that you fought yourself up / the longer the spitfall // 2: **THUS QUOTE THE CRAVING** // you're so fucking lost that with all of gold / I mean / can't believe that you're paying all that gold / to some home decorator that hands you buckets of conformity / seems you're losing your way / with every copied "aha yo" and worn out "bro" / guess what we need is yet another clown / who can feed our breed / with another look and hooker hook / craving: "forever more!" / you're so right / a shiny knight on a white steed / truly a hero / yeah right / fuck you / fuck you right down to the core / you know from your hood / there's nothing like a record of restriction orders / outspoken borderline disorders / a violent long way to the top / the longer that you fought better empty the barrel / every chance you get / is that so? / empty your word and pose magazine / in magazine after magazine / let every shot go let the words back when you shone / but it's getting late in the game / trapped in repeating your name / again and again / like you're scared we'll forget it / can't than you appear / in your self deploring cock obsessive / koks delirium / but I say / to me you just redefine / the old romans' vomitorium / there's nothing / outspoken borderline disorders / a violent long way to the top / the longer that you / claim that you have fought yourself up / the longer the spitfall... // 4: **MAN OF THE MASSES** // you're a man of the masses / took all of the classes / their asses are yours / all those bores who are paying the bills / for your before you / more precious to you than your brains and your hands / they live for you / if you could just see this old tree / this patriarchic hierarchy / up where the one that you were / do you know who you were? / who you are? / not the one in your words that they buy / they concur you conquer / though a natural to the stiff upper lip / you're a man of the masses / your trip is a journey through classes / you are high / they are low / and you need it to be so / see, without nothing like a broken childhood / there's nothing like a broken home / there's nothing like a tale from your hood / there's nothing like a record of restriction falls... // when you're rappin' your shit y'all // 5: **YO** // you're just another Parental Advisory sticker surfing beach boy / yo //

motors / to neon striped BMWs and a court of drugged up noddies and quoters / namefucking fame on all photos / all cheered on and applauded by nixed Mercedeses and drink Cristal like they all do / and the poor outside your gates appall you / and the only hood you see is the one on your car / do you even the poor like before / only now you're a coward / only letting TV through your door / getting older / take a bow and just go / the rage on the stage getting like a star gets a chip off your shoulder / a boulder that rolls and rolls over and over and over / there's nothing like a broken childhood / there's nothing like a way to the top / the longer that you fought yourself up / the longer the spitfall // 2: **THUS QUOTE THE CRAVING** // you're so fucking lost that with all of gold / I mean / can't believe that you're paying all that gold / to some home decorator that hands you buckets of conformity / seems you're losing your way / with every copied "aha yo" and worn out "bro" / guess what we need is yet another clown / who can feed our breed / with another look and hooker hook / craving: "forever more!" / you're so right / a shiny knight on a white steed / truly a hero / yeah right / fuck you / fuck you right down to the core / you know from your hood / there's nothing like a record of restriction orders / outspoken borderline disorders / a violent long way to the top / the longer that you fought better empty the barrel / every chance you get / is that so? / empty your word and pose magazine / in magazine after magazine / let every shot go let the words back when you shone / but it's getting late in the game / trapped in repeating your name / again and again / like you're scared we'll forget it / can't than you appear / in your self deploring cock obsessive / koks delirium / but I say / to me you just redefine / the old romans' vomitorium / there's nothing / outspoken borderline disorders / a violent long way to the top / the longer that you / claim that you have fought yourself up / the longer the spitfall... // 4: **MAN OF THE MASSES** // you're a man of the masses / took all of the classes / their asses are yours / all those bores who are paying the bills / for your before you / more precious to you than your brains and your hands / they live for you / if you could just see this old tree / this patriarchic hierarchy / up where the one that you were / do you know who you were? / who you are? / not the one in your words that they buy / they concur you conquer / though a natural to the stiff upper lip / you're a man of the masses / your trip is a journey through classes / you are high / they are low / and you need it to be so / see, without nothing like a broken childhood / there's nothing like a broken home / there's nothing like a tale from your hood / there's nothing like a record of restriction falls... // when you're rappin' your shit y'all // 5: **YO** // you're just another Parental Advisory sticker surfing beach boy / yo //

03) cribcaged

FUCK THE WORLD THEY

// the only cribs that we should care for / are the ones that we are here for / the ones belonging to our children / that do what we do / scar from our with a Mercedes Benz / or a wide screen showing nothing / showing nothing... / I'm sick of home control devices / sick of sickening home designers / staff that serves you / despite your name on clothes and perfume / despite the way the press observes you / you're just people... / successful people / important people / but still just people / so fuck the million dollar kitchen / fuck the Al Pacino posters / fuck the drugs the gold the strip poles / fuck the nonsense / I don't want to hear their voices / as long as they vote with their wallets / fuck the silly "throw you out" joke / fuck the framed cigar DeNiro norm / fuck conformity / fuck their Kristal / fuck their sordity / fuck the way they fuck equality / fuck their freebie gear / fuck the ones they wear / you're carpet people / wealthy people / important people / but still just people / messed up people / shallow people / stupid people / plastic people / meta / cribcaged / the only cribs that we should care for / are the ones that we are here for / the ones belonging to our children / that do what we do / scar

wounds / the only cribs that make a difference / where the magic really happens / don't come sick of drugs and gold and strip poles / sick of homies / sick of poses / despite the nodding / dressed up people / smiling people / famous people / red carpet people / wealthy people / homies / fuck the poses / fuck the walls they build around them / fuck the bedroom magic / smoked / fuck their lack of originality / and personality / fuck this travesty / fuck this new / just people... / successful people / dressed up people / smiling people / famous people / red people / theta people / therapyple / Entropiole / oh, fuck the ones they wear / I'm cribcaged from our wounds //



// you brought us the a-bomb / in so many ways / endorsed by God and The Book / so god loves a war monger? / hey Mr. Blix: forget Iraq and the time
- America / they wouldn't stay long - America / we are America / god bless America / god bless America and Capitol Hill / 'cause no one else will / so now
life man / hey - Angry God or Diet Coke? / who cares it's all a joke / "hell homo pecuniæ" / ... / saving us yet another time / earning a buck on every dime
say "I love you"? / a simpler democracy / where every flaw and failure is called a "Right" / a new form of freedom / based on your income / your color,
/ "Idol or Big Brother?" / [we'll be back after this short break] / it could have been good America / it could have been great America / land of the brave
store / each year a new war / while chosen whites rule the poor / in America / oh America / don't you walk out on me / just wait a second now / please
voices / don't let them ruin your reputation / don't let them wreck your constitution / not out of fear / not out of greed / but you had a good run America /
kid in town / joining the gone down / finding what you found / treading your worn / worn down ground / rise to your former glory / be brave and warm / oh

it took / 'cause I know just where to look / "could we have a vote please?" / ... / they came with a song
you are scared / the arabs will kill for their god / like you do for yours? / protect your obesity with your
/ sick of America / sick of America and Capitol Hill / moving in for the next kill / did you
creed / and your choice of gun / but it provides great fun / "Dr. Phil or Oprah?" / "Letterman or Leno?"
and free / welcoming you and me / but this Brave New World is not as new anymore / each day a new
hear me out / oh / I'll do my best to love you / oh yes I will / I know you're out there / c'mon / raise your
your day in the sun America / hello British Empire / hello Roman Empire / hello Soviet / there is a new
America / if I say I love you / if I say I love you / if I say I love you / dare you love me too? //

05) disco queen

I LEAVE YOU TREMBLING ON THE FLOOR

// **ONE: TONIGHT I'LL FALL** // tonight I'll fall / looking for something / wonderful yet casual / extraordinarily temporal / and there you are / let's go / you too keen / on getting exposed / having your face in every magazine / you're far from being unique / but you still look pristine / mundanely exotic / like
// **TWO: A CHEAP SELLOUT DRUG** // you're a cheap sellout drug / on everyone's lips / covered every day / done every way / a whole world at your glistening ebony / you're still so young / but I will show you vintage 33 / I lay you on your back / inviting curves of black / making little noises / as my
// **THREE: A TIGHTER GROOVE** // you leave me wanting more / panting on all four / I know there's more to pluck / and so I go for the encore / I am baby you're just what I need / you purr when I make you bleed / I pump you till you cry - feel so alive / I crank you up and switch to 45 / a screaming before / oh - that subtle little sound / as I am pulling out / a finished dish upon my plate / is what it's all about / a square round of greed / you surrendered pumped you till you cried - felt so alive / I cranked you up and switched to 45 / you are just begging for more / but I unlock the door / (tonight I'll fall...)
// **FOUR: MY DISCO QUEEN** // my Disco Queen... / my Disco Queen - let's disco...

hooked me / on the dance floor / so here I am / back for more / you seem experienced / just an inch the french cuisine / my Disco Queen - let's disco...
hips / a bar to fit / the beats you take / another hit / and you will break / undressed in front of me / all needle finds your track / my Disco Queen - let's disco / disco Queen - let's disco...
turning you around / to play your other side / a tighter groove / I want it / but I tremble slip and slide / climax chord / I give you all I've stored / a moment's silence and you're filled up / yet emptier than in the rhythm / spinning around your hole / disco made you famous / but tonight you tasted soul / I you're old news now and so / I leave you trembling on the floor...

// concept, music and lyrics by Daniel Gildenlöw (www.gildenlow.com) / photos by Lars Ardarve (www.ardarve.com) / artwork by Daniel Gildenlöw and Lars Ardarve / drums recorded at Fascination Street Studios (www.fascinationstreet.com) by Jens Bogren / all other instruments recorded at the Five Legged Monkey Studios by Daniel Gildenlöw / mixed at the Five Legged Monkey Studios by Daniel Gildenlöw / mastered at Fascination Street Studios by Jens Bogren / produced by Daniel Gildenlöw / Johan Långell uses Vic Firth and East / Johan Hallgren uses Mayones Regius guitars and FireWire strings / Daniel Gildenlöw uses Mayones Elements guitars and FireWire strings / voices, guitars, banjos, percussion and samplers by Daniel Gildenlöw / guitars by Johan Hallgren, keyboards, pianos and samplers by Fredrik Hermansson / drums by Johan Långell / published by Scandinavian Songs / booking and management by Rob Palmen (see www.painofsalvation.com for more info) //

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// www.painofsalvation.com / www.machinah.com / www.painofsalvation.com.br / www.beyondthepale.de / www.painofsalvation.se / www.painofsalvation.gr / www.painofsalvation.art.pl / www.insidethepain.com / www.painofsalvation.nl / www.painofsalvation-used.com / www.remedylane.com //



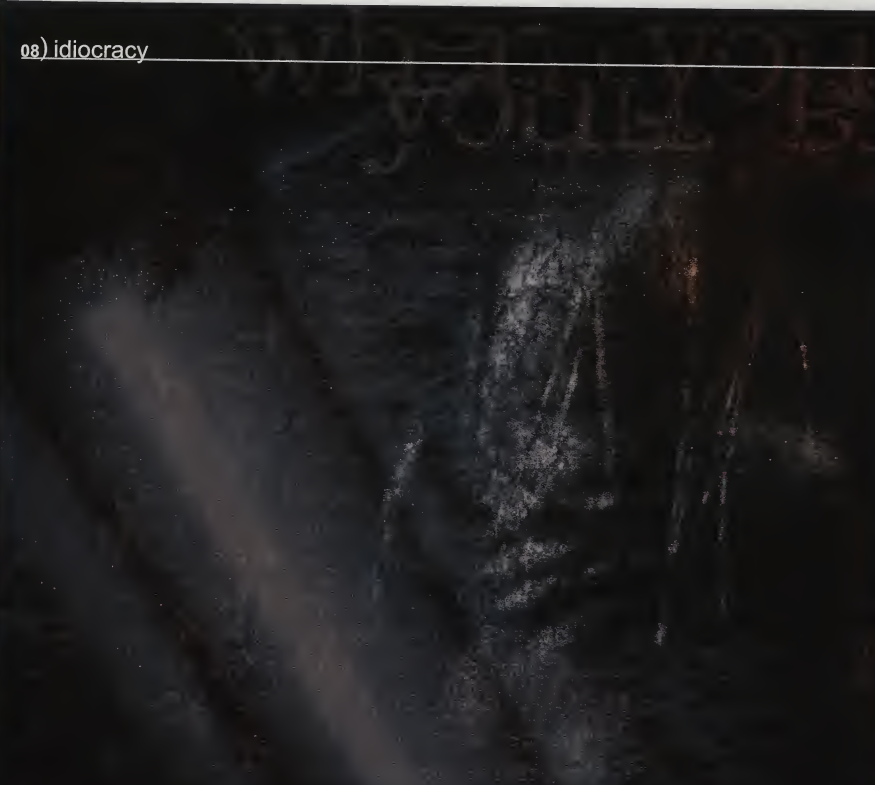
// someone sells us Toys™ in a cheap cartoon / someone se'lls us Cars™ in the latest Bond™ / that's coming soon / someone sells us Trends™ through just tell me what happened? / I mean, first we pay for fastfood that will make us all fat and tired / so then we pay for elevators / so we won't have to climb watching someone make real food on TV / now, if that doesn't make us winners I don't know what will / I bet we would hang ourselves, if the world would a plan / just tell us who to pay / someone sells us Man™ in a White House™ speech / then Woman™ tightly pressed / between two bouncing breasts on our concern / all for sale / it's all for sale... / welcome down to planet Earth™ / please don't ask us what it's worth / you will notice that the world you an open spot at 6 pm / that's when Caucasasia is listening / if you're tearing down my world / please just try to do it gently... / there is love inside / for a lunch in exactly when we want it / the elevators save us just a little more / and the StairMaster™ lets us choose exactly when to walk the stairs / time is in the end / now with all the time and money we stash away on others' expense / I can only assume that the tickets to hell are really expensive / and for us War™ / and the marketing looks just the same / someone sells us Fear™ on TV each day / a shape for every taste / if the flavor's right we gladly to take more than you give / buying scars we must live with / someone sold us every scar / they somehow made us what we are / we all want that spot buying Self Confidence™ / Security™ / Insurance Plans™ / just buying More & More™ / as you're tearing down my world / please just try to do it gently...

a sitcom star / someone sells Herself™ in a docu-soap / that goes too far / Life™ on sale / can someone please the three stairs up to our apartments / then we buy freakin' StairMaster™ machines / so we can burn away while just cut us the slack / and now you think maybe you should see a shrink / help you feel alive again - yeah, that's a Baywatch™ beach / someone sells us Us™ everywhere I turn / then introducing Them™ / to earn stock points found / is slightly tattered and worn down / someone sold us every stain / now if you wish to complain / there's dream that has to die / see, it's really all about time and choice / the fastfood saves us enough time to squeeze so important these days / it's becoming a fucking disease / and I guess in a way it is / since it is bound to kill us all some reason / it's important to be first in line / someone sells us God™ in 2-for-1 with Shame™ / someone sells pay / all on sale / we're all on sale... / welcome to the only Earth™ / please enjoy your only birth / you will learn at 6 pm / but no one is really listening / no / not anymore / we're all too busy / buying Sax™ / buying War™ / oh / (there's still love inside for the dream that had to die) / as you're tearing down our world... //


07) mrs modern mother mary

// we'll cut you down to size / there is a woman burning at the center square / raven black eyes and long jet out hair / screaming / while cloaked vultures flames work her into cinder / said in their defence: / stupidity and ignorance / prejudice and intolerance / all sound so much wiser when dressed up / in be the same / I'm in a righter mind since I found God / I found... / Mrs Modern Mother Mary / all pale and weary / from raising her overweight kids in merely attend / and there on the flip-side of Caucasia we see / Miss Modern Mary Magdalene / gone Deep Throat / on international cable TV / so you me who always thought / life was for the living / and giving in to lust / was all to give and to be given / life will never be the same / I have a better view / I found God... / life will never be the same / I have a better view now / there's always someone else to blame / I'm on the winning team now / death a juster cause now / love will never be the same / just will never be the same / shame will never be the same / I will never be the same / and / you will

holier-than-thou circle and glare / at sweat drops on pale skin like satin / and as the raging Latin / life will never be the same / I have a bigger world since I found God / truth will never the outskirts of Suburbia / on a nice christian gender based salary / and a church she can keep talking about progress and equality / but to me / the crusade is still on my friend / silly since I found God / guilt will never be the same / I'm on a higher ground since I found God will never be the same / I'm in the faster lane now / no more am I the one to blame / I have never be the same //



// silence / cold skin / black mind / blue light / broken / shut down / knuckles / all white / babel / cold fact / core mine / black gold / failure / lockdown / gun
lies / when you wake up you'll be / democratized / violence / cold pin / blood crust / blinded / damp sheets / needles / stale smiles / sick bed / guiltknife
/ so / close your eyes / relax and take a deep breath now / believe the lies / when you wake up / we'll all seem nice / so close your eyes / just take
I close my eyes / why can't I just be hypnotized / industrialized and privatized / all mesmerized / 'cause I can see / and what I see around me / makes
close my eyes / I don't want to see / this undemocratic / semi-automatic / mediocracy and hypocrisy / pretending we're free / under plastic flags waving



ends / all sold / we're waiting / so / close your eyes / relax and take a deep breath now / believe the
searsoil / sinstain / killchrome / footbare / gone wrong / blue lights / bring me / home / we're waiting
another deep breath now / and fantasize / pretend the world we're forming / is a paradise / why can't
me paralyzed / yes I can see / and what I see is not worthy a democracy / it's uncivilized / so please
dependency / for this idiocracy / close my eyes...//

09) flame to the moth

// I long for the summer / I long for the sun / gently touching my face / I'll open my eyes / let it burn every splinter / unleash desert storms / on its way
open wide / you took this blade / and cut a wreck / and in one blow / laid bare your neck / where did we go wrong? / I once had blue eyes / hungry
we capitalize on the beams in our / eyes / it's all in the eyes / eyes - tearing with sorrow / burning with anger and passion and lust / the swift wind of
coming - every day of our lives) / (we should start fighting for eyes open wide) / but I am put here / in this world gone insane / where everything's for
that norm / any day / any way / and the last to join the ranks / to hunt down the Daily Threat / or any other brand of prey / you took this blade / and cut
eyes / probing the skies / now they are blackened / from this modern life / all privatized / industrialized / a failure / offensive and sore to the eye / one
are wrecks of the cut / soups of the season / with dollar sign scars / from this dark age of treason / we all know how to cry / then we learn how to smile /
we lie / how we lie / when you bow your heads tomorrow / at the world we build today / I want you to remember / that I stood my ground / and said no

to my heart / and I had this coming / every day of my life / this is where I stop fighting / eyes
and wise / now they are black from this / dark age of lies / we're all privatized / industrialized /
thought / of wildness and laughter / the soil of defiance / the firm ground of trust / (we had this
sale / from nature, over stars down to DNA / then I can gladly say / that I'd be the first to break
a wreck / and in one blow / laid bare your neck / where did we go wrong? / we once had blue
small step for man / maybe this time I'll fly / and if I hit the ground / it's the way we all die / we
how to smile / we're all telling the truth / tell us the truth! / then we learn how to lie / and oh, how
/ (say no) / I said no... / say no! //

10) enter rain

you'll never
ty

REMEMBER
I'll

// "RUNNING" // in just a year another storm will come / to wash away an inch more blood / its lack of hatred, politics or creed / left us blind / open wide
by the day / and every ounce of havoc / that we wreaked upon it / got the best of us / oh, and the rest is for us / let it rain... / enter rain... / exit pain / in
/ and then something's changed / an empty cage / a crimson bud / sprung out in mud / let it rain / in just ten minutes I will see a child / buying milk at
and that gives me hope / let it rain... / enter rain... / exit pain // "STANDING" // and the rain will wash us to the bone / leaving thousands in its trail
grime / in two seconds I will hit the ground / a moment stretched out over years / and my eyes will flicker / and then something has changed / an empty
never remember my name / but I will love you just the same / you'll never remember my name / but I love you just the same / just the same / just the
"FALLING" // enter rain... / (a city rose) / (a street of blood) / in two seconds I will hit the ground... //

your gun hands tied / for this old world has seen the worst of us / its love worn thinner
seven years ago I'll see a man / a moment stretched out over years / his eyes just flicker
dressed in rags / and without thinking he will / cover up his naked hand / to the cold / oh,
cleansing all the flesh wounds / of our time / of every crime / of every pound of dust and
cage / a crimson bud / a street of blood / a city rose sprung out to greet the rain / you'll
same / you'll never remember my name / but I love you just the same / just the same //

to be continued..

A CD-ROM with a dark, moody image of a person's face and hands. The image is in shades of purple and black, with a central silver hub. The text "painofsalvation / scarsick" is printed in the lower-left area.

painofsalvation / scarsick